



Senior Center
of Leesburg
102 North Street NW
Leesburg, VA 20176
703.737.8039

www.loudoun.gov/seniors-leesburg

Part of the Area Agency on
Aging, a Division of



Staff:

Manager:
Erik Oñate
703.737.8005

Assistant Manager:
Cheryl Wheeler
703.771.5156

Recreation Programmer:
Sue Depoy
703.771.5675

Café Supervisor:
Leigh Ann Macklin
703.737.8040

Customer Service:
Joanna Poston
703.777.0358

Vehicle Operator:
Diane Simmons
703.771.5014

Vehicle Operator:
Dave Keyes
571.258.3437

The Senior Center of Leesburg

BI-WEEKLY E-NEWS APRIL 23, 2021

The Senior Center of
Leesburg
*Open with Limited
Indoor Programs*

Hours of Operation
Monday–Friday
9:00AM–3:00PM

New Time!!!
Curbside Lunch
Pick-Up:
11:15AM-11:45AM

Lunch Dine-In:
12:00PM-1:00PM

Come Join us
In honor of **Mother's Day**

Thursday, May 6, 2021
1:30 PM
In the dining room

“Memories of Mother”

Rock Painting Craft
With Sue & Leigh Ann



Paint a favorite memory, picture, saying, moment with/of your mother on a rock that you can have as a keepsake this Mother's Day as a fond memory of your mother.

Seating is
Limited (15)

Sign-Up
In the Lobby

Or call
703.737.8039

BI-WEEKLY ACTIVITIES SCHEDULE

MON. 4/26 & 5/3	TUES. 4/27 & 5/4	WED. 4/28 & 5/5	THURS. 4/29 & 5/6	FRI. 4/30 & 5/7
 <p>10:15 AM Aerobics with Luella</p>  <p>10:30 AM Wii Bowling</p>	 <p>10:30 AM Sit N Fit w/ Karen</p>  <p>10:30 AM Adult Coloring with Bob</p> <p>No meals will be served on the days the center is closed.</p>	<p><u>New</u> 10:30AM Fit & Fun w/ Kathy</p> <p>10:30 AM Pokeno</p> <p>1:00 PM Knitting with Kathy</p>  <p>1:00 PM Bluebird Monitoring (Outside)</p>	<p>10:00 AM Movies: 4/29 <u>Erin Brockovich</u></p>  <p>5/6 <u>The Photograph</u></p>  <p>10:30AM Sit N Fit w/ Karen</p> 	<p><u>New</u> 10:00 Tai Chi Quan w/ Zumei</p> <p>10:30 AM Bingo</p> <p><u>New</u> 2:00PM Fit & Fun w/ Kathy</p> <p><u>New Time!</u> <u>Curbside pick-</u> <u>up</u> 11:15- 11:45AM</p> <p>Please be on time as we need time to prepare for the dine-in lunch.</p>

Call the front desk, 703.737.8039 to pre-register, as activity space is limited.

**COVID-19 UPDATE/INFORMATION **

For more information about
COVID-19 updates visit

www.loudoun.gov/Coronavirus

Taiji Quan with Zumei

Please call the front desk 703-737-8039
to put your name on the list.

Space is limited.

Taiji Quan-continuation class includes Taiji Quan, Taiji Sword, Five Animals, and Eight section Qi Gong. This class is for those experienced. Meeting in the Dining Room on Friday 10:00am-11:30am.

Beginner's Taiji Quan will begin in September. This slow motion modified movement geared to seniors. May improve flexibility, balance, and agility. Sign-up now for beginner's Taiji Quan class.



Virtual Programs

Please contact Cheryl Wheeler
703.737.8039

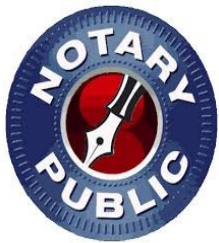
Cheryl.Wheeler@loudoun.gov
if you would like to join in.

Intermediate Spanish with Francisco

Mondays at 4:00pm

Guitar with Kurt

Fridays at 1:00pm



NOTARY SERVICE AVAILABLE

BY APPOINTMENT

Contact **Sue Depoy** at **703.737.8039** or
sue.depoy@loudoun.gov and set-up an appointment
if you have documents that you need notarized as she
is a notary and will offer her services to members of
The Senior Center of Leesburg.





On the road again with Senior Trips

As we move further into 2021, we are doing so in hopeful anticipation that the current health situation will begin to improve, and we can get back "on the road again" with both day and overnight trips. Day trips will resume in June with registration beginning in early May. (date to be announced).

For those who are ready to travel now, we are offering spring overnight trips. ***Southern Porches.***

- ***(May 24 to May 27)*** featuring Cape May NJ, Historic Lewes and Rehoboth DE.

The number of participants will be limited to no more than 25. We will be following CDC guidelines and all travelers will be required to wear a facemask and practice social distancing. Temperature and symptom checks will be done daily and all hotels, motorcoach companies and restaurants will follow CDC guidelines. Registration is open now for both trips. If you would like more information, please contact Terry Fleming (571) 258-3050 terry.fleming@loudoun.gov or Sonya Haynes (571) 258-3051, or sonya.haynes@loudoun.gov

Please remember, in a pandemic, flexibility is key and trips are subject to change.

MAGNIFICENT MICHIGAN featuring MACKINAC ISLAND, THE GRAND HOTEL, THE HENRY FORD AND LAKE HURON September 8 - 17

If breathtaking landscapes, unique attractions, quaint villages, historic hotels, rich culture, and delicious meals interest you, you do not want to miss this very special trip to Michigan. Although highlights include a stay at the Grand Hotel on Mackinac Island and a day and a half at the Henry Ford, we've also planned a Detroit Music City Tour, an Elk viewing Journey, a Shipwreck Cruise, and a Scenic Railroad Trip. There truly is too much to list here so please get a flyer and see all this fantastic tour offers. Includes, motor coach transportation, hotel accommodations for 9 nights, 9 breakfasts, 4 lunches and 8 dinners all admissions and tours. Optional driver and tour guide gratuity not included. Extensive walking. Limited to 25

10 Days, 9 Nights

Trip Cost: For Double Occupancy \$3285/member \$3330/non-member

Single Occupancy \$4305/ member \$4350/non-member.

Trip # 946645-01

LANDMARKS OF EUROPE & THE PASSION PLAY in OBERAMMERGAU AUGUST 22- SEPTEMBER 3, 2022

Originally scheduled for 2020 and cancelled due to the Covid Pandemic, this once in a Lifetime Journey has been rescheduled for 2022. Performed only once each decade the famed Oberammergau Passion Play began as a promise to God for help during a pandemic. In 1633, the residents of Oberammergau, Bavaria, Germany vowed that if God spared them from the bubonic plague ravaging the region, they would produce a play thereafter for all time every ten years depicting the life and death of Jesus. The death rate among adults slowly subsided and the villagers believed they had been spared and they kept their vow when the play was first performed in 1634. The play continues to be staged every ten years, in the first year of each decade. This 13-day tour will take you to Germany, Austria, and the Czech Republic. See a flier for info on all the beautiful sights you will see along the way. Your price includes, airfare, admission for all attractions and city tours, 1st class tickets for Passion Play, 12 breakfasts, 1 lunch and 10 dinners, transportation to and from airport. Optional driver and guide gratuity not included. Extensive walking. 22 Spaces available.

Trip Cost: For Double Occupancy \$6088/member \$6133/non-member

Single Occupancy \$7112/ member \$7157/non-member

Trip # 946650-01



Painting with Don

THE SENIOR CENTER OF LEESBURG

You are invited to paint. This is your opportunity to join the fun of learning painting from a professional artist. Don Stinnette, Assistant Manager of the Bluemont Community Center will be providing detailed instruction to each of us. Don has been painting for over 30 years. You could learn new techniques to enhance your artistry. Seating is limited.

Register now for: #327600-13

Thursday, May 13, 2021 (1:00-2:30pm)

Take home your finished 16" x 20" canvas.

All supplies included. \$14.

Questions call: 703-737-8039



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

LOUDOUN.GOV/PRCS

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711



Make sure to check us
out on Facebook

<https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg>

"Spring Beauties"

Special thanks go to Eli and Carolyn for the beautiful Iris's on the back patio as they are in full bloom and absolutely beautiful!



Advisory Board News

**The Senior
Center of
Leesburg
Advisory Board**

President:
Vice President:
Treasurer:
Assistant Treasurer:
Secretary:

Katherine Andrefsky
Open
Chuck Downey
Juan Kellar
Kathy Silberberg

Support the Senior Center and join the Advisory Board. Prospective members are invited to our next meeting on **May 6, 2021**. We will host a picnic at Franklin Park. A bus will depart the center at 10:30 AM and return at 1:30 PM. Bus transportation and a box lunch will be provided.

Please RSVP with **Joanna** by **Monday, May 3, 2021** at **703.737.8039** if you are interest in attending.

Questions about Medicare?

We can help!



Loudoun County VICAP

State Health Insurance and Assistance Program
Free, Unbiased Medicare Counseling

703-737-8036

www.loudoun.gov/aaa

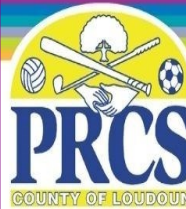


VOLUNTEERS WANTED

Deliver a few smiles within a few miles! Drivers are needed to deliver noontime meals to homebound seniors in Leesburg. Contact Debra Bressler at 703-777-0257 or by email at Debra.Bressler@Loudoun.gov.

Volunteer opportunities for the Home-Delivered Meals Program are available at numerous locations throughout the county. Meals are prepared, packaged, and delivered to local communities and county sites for distribution by volunteers.

Individuals may volunteer for as little as one hour per month, week, or day. A Home-Delivered Meals volunteer provides more than a daily meal to older residents, they provide the gift of friendship.



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Tax Relief for the Elderly & Disabled

Loudoun County Commissioner of the Revenue Robert S. Wertz Jr. announces that participants in Loudoun's tax relief program for the elderly and disabled should soon begin receiving renewal forms. Applications and certifications for tax year 2021 were recently mailed to applicants already in the program and residents who have requested an application for the program.

The filing deadline for participants already in the program is April 1, 2021. First-time applicants for vehicle personal property tax relief have until September 1, 2021, and first-time applicants for real property tax relief have until January 3, 2022, to file their applications.

Applicants are encouraged to mail in their forms in the preaddressed envelope that was included with the renewal forms.

Applications for first-time applicants and details about the program are available online at loudoun.gov/taxrelief. Residents may also call 703-737-8557 to have a form mailed to them.



Commentary from the Café Leigh Ann Macklin

Getting to Know the Home Delivery Meals Volunteers in Leesburg Helik Shemer, HDM Volunteer



Tell me about yourself.

Born and raised in Israel, served in the IDF, acquired an Engineering and IS Degree, and worked for multinational companies around the world managing ERP data integration projects. Migrated to the US in 2000 to get an advanced degree in Environmental Management. Married Diane, who had lived in Leesburg since 1994. Became a naturalized citizen, and we have lived in Leesburg together sustainably under our solar roof, organic garden fed by our own compost and rainwater collection barrels since 2003, with our little Welsh Terrier Scout (as in Jean Louise). We swim, walk, hike, bike, swim, camp, and spend our vacation every year on Ocracoke Island, and in recent years on Martha's Vineyard.

How long have you been a volunteer with the HDM Program?

Since October 2020.

Why did you decide to become a volunteer with the HDM Program?

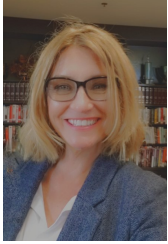
I do want to change the world: end poverty, stop climate change, bring about equality and environmental justice, but since I can't do it all I thought helping feed the elderly in our community is a good place to start!

Are you involved with any other community service projects?

I have served as a member of the Environmental Advisory Commission of Leesburg for about a year and a half, served on the Exeter's Architectural Review Board, and The Loudoun County Cold Weather Shelter Program.

Do you have any advice for someone who is considering becoming a volunteer?

Just do it! Nothing to consider – it is the right thing to do, and we need you to join our team ASAP!



Commentary from the Café

Leigh Ann Macklin

Getting to Know the Home Delivery Meals Volunteers in Leesburg Colleen Fox, HDM Volunteer



Tell me about yourself.

I am a realtor and have lived in Loudoun for the past 15 years. Volunteering is something I have always done in some capacity with the schools, animal shelters, dog rescues organizations, community clean up, delivering and donating food to the shelter.

How long have you been a volunteer with the HDM Program?

A few months, I started back in December of 2020.

Why did you decide to become a volunteer with the HDM Program?

During the pandemic, my parents in NY, who are in their late 80's, struggled with getting food delivered. We tried sending them meal preparation boxes, but it was just too much for them to do each day. We reached out to the meals on wheels in their area and arranged to have a hot meal delivered to them Monday - Friday. This meant so much to them and us so they didn't have to go to the store, and we could supplement and send them groceries as well. I know that it's a volunteer service there as well as here so I felt that I should give back to my community and help those in need because volunteers in NY were helping my family too.

Are you involved with any other community service projects?

I have also volunteered at the Loudoun Animal Shelter pre-pandemic to walk the dogs at the shelter and play with them to relieve their stress until they are adopted. We also provide meals on a regular basis to the warming shelter and drop of groceries to the Hunger Pantry and Mobile Hope. My daughter and I have volunteered with Mobile Hope to pack lunch bags and groceries.

Do you have any advice for someone who is considering becoming a volunteer?



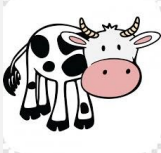


Volunteering is such a great way to meet people while your helping others and it just makes me feel happy that we can share and help others. We have so much wealth and prosperity in this area and there are so many families in need of food, shelter, clothing and hopefully service helps someone in need and brightens their day. It doesn't take much just your time and a smile.

KITCHEN CORNER





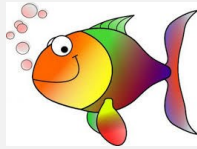
REMINDER:

If you are in need of a lunch meal or food in general, please call the center at 703.737.8039 so that we can assess the situation and figure out the best way to meet your needs. Please call 24 hours in advance to make your reservation.

MENU 4/26-4/30/2021

MON. 4/26	TUES. 4/27	WED. 4/28	THURS. 4/29	FRI. 4/30
Italian Sausage Steamed Cabbage Whole Round Potato Fruit/Roll Milk	Oven Fried Chicken Sweet Potato Collard Greens Fruit Roll Milk	Spaghetti Meat Sauce Veg. Medley Fruit Roll Milk	Sliced Turkey & Stuffing w/ gravy Mashed Potato Green Peas Fruit Roll/Milk	Baked Fish Mexican Corn Green Peas Fruit Roll/Milk
				

MENU 5/3-5/7/2021

MON. 5/3	TUES. 5/4	WED. 5/5	THURS. 5/6	FRI. 5/7
Salisbury Steak Macaroni & Cheese Mixed Veg. Fruit Roll/Milk	Sliced Turkey/Gravy Stuffing Mashed Potato Green Peas Bread Fruit Milk	Ham Noodle Casserole Malibu Veg. Blend Fruit/Roll Milk	Swedish Meatball Rice Mixed Veg. Fruit Roll/Milk	Baked Fish Baked Potato Veg. Blend Fruit Roll/Milk
				

Lunch donations apply! Thank you.

We have donated pastries and baked breads available during lunch, both curbside and dining room for members of the center.

Blue Bird Monitoring

Bluebird Monitoring

Outside

Wednesday

1:00 PM

Meet at
The Senior Center of
Leesburg

Call 703.737.8039
To sign up

Weekly volunteers from the Senior Center of Leesburg begin to document Bluebird activity at our Senior Center's six nesting boxes. Cavity nesters, bluebirds are now pairing and selecting their nesting spot for this season. Bluebirds are native species that the Virginia Bluebird Society works to encourage nesting to increase population in our State. These efforts are documented weekly by a group of interested volunteers.



CONGRATULATIONS TO OUR VOLUNTEERS FOR BEING NAMED LOUDOUN CARES 2021 OUTSTANDING SENIOR VOUNTEER TEAM

Katherine Andrefsky

Eli Florance

Jim Suit

Joanne Suit

Carolyn Snyder

Pat Schneider

Kathy Silberberg

Joyce Fields





Intermediate Spanish with Francisco

Continue speaking, writing, and learning more about Spanish language.
Spring Class begins Monday, April 5, 2021 at 4:00pm
Class dates are April 5-June 14, 2021
Ten classes for \$100.00

This class will meet virtually using the Go To Meeting platform.
This link will be sent to you via email weekly.

To Register: Call the Senior Center of Leesburg at **703-737-8039** and sign up.
Activity: 327600 Section: 427602-12

Questions call Cheryl Wheeler: 703-737-8039.

LOUDOUN COUNTY AREA AGENCY ON AGING PRESENTS COFFEE CHAT WITH LORI

If you are a caregiver for a loved one or if you
are an older adult (60+) in need of support
during this difficult time,
connect virtually
(FaceTime or by phone)
over coffee with Lori.

To be connect with Area
Agency on Aging
programs and services,
and other community
resources, please call **703.777.0257** to speak
with an Aging Program Specialist.

To sign-up, send an email to
aaasupport@loudoun.gov or call
571.233.2583



BUS RIDE TO THE SENIOR CENTER OF LEESBURG



Please call The Senior Center of Leesburg and make your bus reservations 24 hours in advance or by 8:15 am the day of service, by calling:

Diane Simmons, at 703.771.5014

David Keyes, at 571.258.3437

You may also call the main number at **703.737.8039**.

Please call the Senior Center if you need a ride. Our busses are running and available to pick you up and bring you to our Senior Center.

Changes to our process:

- Call your driver and arrange a bus ride the day before.
- Diane: 703-771-5014 or David: 703-258-3437
- Each rider must wear a mask or face covering over their nose and mouth.
- The bus loads from the back to the front of the bus so that 6 ft. distancing is maintained. Each rider will sit in every other seat diagonally across the center aisle.
- Limited number of riders to 7 per bus route.
- Return ride home on the bus will have each rider sitting in order from front to back of the take home route. Back of the bus is the last rider dropped off. The front of the bus is the first rider taken home.
- Bus Tickets may be purchased in the Senior Center office. 10 rides for \$10.00 The driver will punch your bus ticket each day.

Ceola Grant Manager, Ashburn Senior Center

Recently, The Senior Center of Leesburg had the pleasure of meeting the new Manager of The Ashburn Senior Center.

Please help us welcome Ceola Grant, the new Ashburn Senior Center Manager. Prior to joining Loudoun County, Ceola served as a Service Area Manager for Neighborhood and Community Services in Fairfax County. She comes to us with over 20 years of experience in community and aging services. Ceola is a local Ashburn resident, she enjoys traveling and spending quality time with her husband and two teenage daughters.



There's a New Center in Town!



Here's the link to
the center info:

[https://www.loudoun.gov/5231/
Ashburn-Senior-Center](https://www.loudoun.gov/5231/Ashburn-Senior-Center)

Located at 20880 Marblehead
Dr,
Ashburn, VA 20147

Planning to open in the spring
of 2021.

Research Your Ancestry.

Guest Speaker:
Laura Christiansen
Thomas Balch Library

Tuesday, June 29, 2021
12:30pm-1:30pm



Take a virtual tour
of the library.

Learn how to use these
resources for your ancestry
research.

For the link or questions
call 703-737-8039

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GUEST SPEAKER: PAUL KREINGOLD
HISTORY AND GEOLOGY OF POTOMAC MARBLE
THURSDAY, MAY 20, 2021 AT 1:00PM
THE SENIOR CENTER OF LEESBURG
IN-PERSON PRESENTATION-(TOUCH AND FEEL THE STONE)OR VIRTUAL
HOW THIS LOCAL STONE
BECAME THE GORGEOUS COLUMNS AT THE U.S. CAPITOL



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTRCS@LOUDOUN.GOV, 703-777-6341/771-711

Questions call : 703-737-8039

What's so funny about getting old?



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